

Rushey Green Primary School – Skills LADDERS FOR PE

LEVEL	Selecting and applying skills, tactics and compositional ideas						Acquiring and Skills	Evaluating and Improving Performance	Knowledge and Understanding of Fitness and Health
	Athletics	Dance	Games	Gymnastics	Outdoor and Adventurous	Swimming			
Year 6	I have developed a consistency of my actions across a number of events. I choose appropriate techniques for specific events.	I can demonstrate different ways of balancing as an individual or as a pair. I can explore, improvise and combine movement ideas fluently and effectively. I can create and structure motifs, phrases, sections and whole dances.	I can choose, combine and perform skills more fluently and effectively in invasion, striking and net games. I choose and apply a range of tactics and strategies for defence and attack. I use these tactics and strategies more consistently in similar games.	I have developed my gymnastic sequences by understanding, choosing and applying a range of compositional principles. I can perform different actions including body shapes, balances, rolls and travelling movements fluently and show good extension and body tension. I understand that strength and suppleness are both important in gymnastic performances. I can evaluate my own and others' work and suggest ways of making improvement.	I have developed and refined orienteering and problem-solving skills when working in groups or by myself. I decide upon an approach to use to meet challenges set. I can adapt my skills and understanding as I move from a familiar into an unfamiliar environment.		I have developed a consistency in my actions and use them appropriately for a chosen sporting activity. I have developed and refined my skills.	I choose and use information to evaluate my and others' work. I can suggest improvements to mine and others' work	I understand why warming up and cooling down are important. I understand why exercise is good for health, fitness and wellbeing and how to become a healthier individual. I recognise the need to prepare properly for sporting games.
Year 5	I show accurate control, speed, strength and stamina in my athletics. I adapt my skills to different situations. I know and follow event rules.	I refine my dances with style and artistic intention. My dance matches the mood of the accompanying music. I choose my own dance steps or movements and develop them.	I use tactics and follow rules. I plan my approach to attacking and defending. I use a range of shots and strokes to strike a ball. I can strike a ball on the volley.	I practice and perform with control. My movements include very controlled balances, shapes, levels and actions. I link and adapt actions together into a well-timed sequence.	I am careful but confident in unfamiliar environments. I use my senses to assess risks and adapt my plans accordingly. I prepare well by considering safety first. I can plan with others, seeking advice.	I can swim over 100 metres. I swim fluently. I use all three strokes with control and can sustain this for over 2 minutes. I breathe so that the pattern of my swimming is not interrupted.	I select and combine my skills, techniques and ideas. I apply my skills, techniques and ideas accurately, appropriately and consistently.	I analyse and comment on skills and techniques and how they are applied in my own and in others' work. I modify and refine my skills and techniques to improve my performance.	I explain how different parts of my body react during different types of exercise. I warm up and cool down in ways that suit the activity. I describe why regular, safe exercise is good for my fitness.
Year 4	I choose the best pace for running. I am controlled in takeoff and landing when jumping. I am accurate when throwing for distance. I combine running and jumping well.	I am creative and imaginative in composing my own dances. I perform expressively. My movements are controlled and express emotion or feeling.	I use a variety of techniques to pass. I work with my team or alone to gain possession of the ball. I can strike a bowled ball. I use forehand and backhand when playing racquet games. I filed well. I choose the most appropriate tactics in a game.	I make complex sequences that include changes in direction, level and speed. I combine actions, shapes and balances in my gymnastic performance. My movements are clear, accurate and consistent. I prepare and perform to an audience.	I use maps and diagrams to orientate myself. I can adapt my actions to changing situations (e.g. weather). With others', I plan careful responses to challenges or problems.	can swim between 50 and 100 metres. I use breast, front crawl and back stroke styles confidently. My swimming uses arms and legs in a confident and co-ordinated manner. I can describe personal survival skills.	I link skills, techniques and ideas and apply them accurately and appropriately. I am controlled and skilful in my actions and movements.	I compare and comment on the skills, techniques and ideas used in my work and in others' work. I use this to improve my performance.	I explain and apply basic safety principles in preparing for exercise. I describe the effects exercise has on my body. I describe how valuable physical exercise is to my health.

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Year 3	<p>I can sprint over a short distance.</p> <p>I can run over a longer distance, conserving energy.</p> <p>I have a range of throwing techniques (underarm, over arm, putting and hurling).</p> <p>I throw with accuracy to hit a target.</p> <p>I can jump in a number of ways, sometimes using a short run-up.</p>	<p>I improvise with ideas and movements.</p> <p>My dance movements communicate an idea.</p> <p>I refine my movements into sequences.</p> <p>My dance movements are clear and fluent.</p> <p>I know that dance can express a variety of things.</p>	<p>I throw and catch a ball with control and accuracy.</p> <p>I strike a ball and field with control.</p> <p>I choose the appropriate tactics to cause a problem for the opposition.</p> <p>I follow rules in a game.</p> <p>I keep possession of a ball (feet, hockey stick, hands).</p>	<p>My body is balanced.</p> <p>My shapes are controlled.</p> <p>I plan, perform and repeat sequences.</p> <p>My sequences include changes in speed and level.</p> <p>I work on improving strength and suppleness by practicing stretches and shapes.</p>	<p>I can follow a sketch map of places known to me.</p> <p>I use plans and diagrams to help me get from one place to another.</p> <p>I enjoy solving problems or challenges outdoors.</p> <p>I work and behave safely.</p> <p>I discuss with others' how to solve problems.</p>	<p>I can swim between 25 and 50 metres.</p> <p>My arms and legs are co-ordinated.</p> <p>I use more than one swimming stroke.</p> <p>I swim both on the surface and below the surface of the water.</p> <p>My breathing is co-ordinated with the stroke I am using.</p>	<p>I select and use the most appropriate skills, actions and ideas.</p> <p>I move with co-ordination and control.</p>	<p>I say how my work is similar to and different from others'.</p> <p>I use this understanding to improve my own performance.</p>	<p>I give reasons why warming up before an activity is important.</p> <p>I give reasons why physical activity is good for my health.</p>
Year 2		<p>I perform my dance actions with control and co-ordination.</p> <p>I link two or more actions together to make a sequence.</p> <p>I remember and repeat dance movements.</p> <p>I choose the best movements to communicate a mood or feeling.</p>	<p>I use the terms 'opponent' and 'teammate' when playing games.</p> <p>I use my rolling, hitting and kicking skills in games.</p> <p>I decide on the best position to be in during a game.</p> <p>I have developed some tactics for the game I am playing.</p>	<p>I plan sequences of movements.</p> <p>I can show contrasts such as small/tall, straight/curved and wide/narrow.</p> <p>My movements are controlled.</p> <p>I can balance on different points of my body.</p>		<p>I can swim up to 20 metres using my arms and legs to move.</p> <p>I use one basic stroke to swim, breathing properly.</p> <p>Using floats, I swim with a controlled leg kick.</p> <p>I describe different swimming strokes.</p>	<p>I copy and remember actions.</p> <p>I repeat and explore skills.</p> <p>I move with careful control, co-ordination and care.</p>	<p>I talk about the differences between my own and others' performances.</p> <p>I say what has gone well and why.</p> <p>I identify how a performance could be improved.</p>	<p>I can describe how my body feels during different activities, using parts of the body to describe the effects.</p> <p>I know how to exercise safely by looking for space, others' and by warming up properly.</p>
Year 1		<p>I can perform some dance moves.</p> <p>I put moves together to make a short dance.</p> <p>I show rhythm in my dance.</p> <p>I choose the best movements to show different ideas.</p> <p>I move carefully with control.</p> <p>I use space safely.</p>	<p>I can throw a ball underarm.</p> <p>I can roll a ball or a hoop.</p> <p>I can hit a ball with a bat.</p> <p>I can move and stop.</p> <p>I can move to catch or collect.</p> <p>I can throw and kick a ball in different ways.</p> <p>I can decide where to stand to make a game difficult for the other team.</p>	<p>I show control and co-ordination when travelling or balancing.</p> <p>I choose which actions to make.</p> <p>I copy sequences and repeat them.</p> <p>I can roll.</p> <p>I can travel in lots of ways.</p> <p>I can balance.</p> <p>I can climb safely.</p> <p>I can stretch my body.</p> <p>I can curl my body.</p>		<p>With help I can swim up to 20 metres with floats.</p> <p>I can swim up to 5 metres without floats.</p> <p>I can put my head in the water.</p> <p>I join in water activities at the pool.</p> <p>I explore different ways of moving in water.</p>	<p>I copy actions.</p> <p>I repeat and explore skills.</p> <p>I move with some control and care.</p>	<p>I can talk about what I have done.</p> <p>I can describe what others' have done.</p>	<p>I can describe how my body feels during an activity.</p> <p>I know how to exercise safely by looking for space.</p>
EYFS		<p>I can move with confidence and imagination</p> <p>I can match simple movements to music</p> <p>I can show an awareness of space for others</p> <p>I can show an awareness</p>	<p>I can handle tools and objects with basic control</p>	<p>I have good fine motor control and coordination</p>					<p>I can talk about how to keep healthy</p> <p>I can recognise the changes in my body when I'm active</p>